CATANESE CLASSICS

Lobster, American

ABOUT

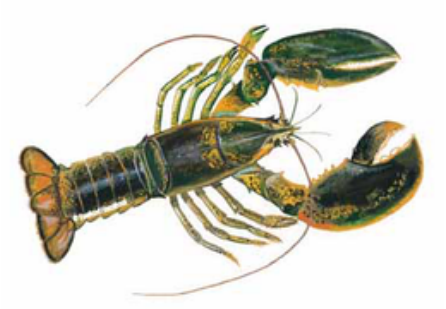
American lobsters have two powerful claws — a crusher and a ripper — which should be kept banded to prevent injury to other lobsters or the cook. The meatiest part of the animal is the tail. American lobsters are found in the North Atlantic from Labrador to North Carolina. Major producers are Atlantic Canada, Maine and Massachusetts, in that order. The lobsters are harvested from depths of 15 to 1,000 feet in rectangular, wire-mesh traps. A pound of meat can be extracted from four to six lobsters weighing 1 to 1 1/4 pounds. A lobster sheds its shell annually. Though the newly molted lobster is much larger, its meat is watery and flaccid. New-shells offer lower meat yields than hardshells.

PRODUCT PROFILE

Lobster meat is mild and sweet in flavor. The texture is firm and somewhat fibrous; tail meat is firmer than that in the claws. All lobster shells turn bright red when cooked. The meat is white with red tinges. Live lobsters should be active, and their tails should curl, not dangle, beneath them. Cook weakened lobsters immediately; discard dead ones. Consumers are advised not to eat the tomalley, the light-green substance found in the lobster. This is the liver and pancreas, which accumulates contaminants from the creature's environment.

COOKING TIPS

Opinions vary on how best to cook lobster. Some say steaming is best because it is gentle heat, which will not toughen the meat. Others say boiling seals the flavor into the lobster. Baking is another option, but the lobster should be quickly boiled or steamed beforehand. A cooking rule of thumb for 1 1/4-pound lobsters is 12 to 15 minutes; for larger lobsters, about 17 minutes.



NUTRITION FACTS

Calories	90
Fat Calories	8.1 g.
Total Fat	8.1 g.
Saturated Fat	0.9 g.
Cholesterol	95 mg.
Sodium	296 mg.
Protein	19 g.
Omega 3	0 g.

PRIMARY PRODUCT FORMS

Fresh: Fillets (skinless and boneless), H&G, Steaks
Frozen: H&G, IQF fillets, Steaks

GLOBAL SUPPLY

Chile, El Salvador

COOKING METHODS

- [x] Bake
- [x] Boil
- [ ] Broil
- [ ] Fry
- [x] Grill
- [ ] Pate
- [ ] Poach
- [ ] Saute
- [ ] Smoke
- [x] Steam